



VITALity offers Well-Being



VITALity offers Comfort



VITALity offers Inclusion

I came that they
may have life,
and have it
more abundantly.
John 10:10



VITALity offers Guidance



VITALity offers Hope



VITALity offers New Life



Now in its third year of operation, VITALity Catholic Healthcare Services continues to grow in the numbers of people it serves and in the diversity of programming it offers. The work of VITALity helps to meet the increasing demand for healthcare services for the elderly and persons with disabilities throughout South Jersey.

The dedicated nurses, social workers, priests, deacons and laity of VITALity are a compassionate presence for many who are in need of comfort and healing. By providing resources for care within their homes and parishes, VITALity enables many of our elderly and disabled individuals, and their caring families, to live a safer, healthier, happier and more secure existence.

However, VITALity offers more than just relief from the stress and burden of a confusing healthcare system. Clients also are provided with opportunities for meaningful social relationships and the ability to

stay connected to their parish communities. These engagements allow our elderly and disabled sisters and brothers to live life to the fullest.

In this Annual Report, you will read about specific examples of what VITALity offers to our communities and how the work of this healing ministry has affected the lives of people in need.

Thank you to everyone who has supported VITALity Catholic Healthcare Services and the House of Charity/Bishop's Annual Appeal. May God grant comfort and hope to those in need of His healing mercy and may His grace come upon all those who help others in His name.

Sincerely in Christ,

Most Reverend Dennis J. Sullivan, D.D.
Bishop of Camden



As we now complete our third year of operation, we at VITALity Catholic Healthcare Services are pleased to share with you our 2018 Annual Report. As you will note in this report, our services continue to grow both in the number of people we serve and in the types of programs and services we offer and support to ease the burden of aging and disability within South Jersey. Our healing ministries continue to serve those in hospitals and long term healthcare centers, seeking the comfort of Christ and His Church through their times of illness and battles with infirmity. VITALity Care Coordinators and Call Center Operators offer valuable information and personal guidance for those in need of healthcare services within their homes and communities. Our Ministry With the Deaf and Disabled provides for inclusion and advocacy within the life of the Church for those often marginalized due to physical, behavioral, emotional, or developmental disabilities. And our parish based programs of Stephen Ministry, Parish Nursing, and Senior Social Day Centers provide hope through compassionate caregivers in times of loss and despair, well-being through health screening and education, and a sense of new life as seniors strive to defeat the ill effects of isolation through social engagement and community.

New programs this year have included the training of parish volunteers in Our Journey of Hope – a parish based ministry to care for the practical needs of those

battling cancer. In addition, local parishes have established Mercy Teams under the guidance and training of VITALity, to assist their elderly neighbors in household chores and activities in daily living to enable them to remain safe in their homes and better age in place. 2018 also saw the addition of another Senior Social Day Center within the Diocese - The Senior Ministry, or “Prime Timers”, at Incarnation Parish in Mantua. This now brings the total to three such Centers throughout the Diocese.

The pages to follow will better tell our story for 2018 through testimonials, photos, and narrative, as they reveal the life changing effects that VITALity has brought to so many.

Thank you for your interest in VITALity and I trust that you will continue to pray for and support our efforts to bring this healing ministry of the Church of South Jersey to an even greater number of people as the years go by.

Peace and all good things,

Deacon Jerry Jablonowski
Executive Director
VITALity Catholic Healthcare Services



VITALity Offers Guidance

Care Coordination Resource and Referral Hel p Line



VITALity Care Coordination assists individuals and families to navigate the often complex and confusing maze of healthcare options and support services available to maintain a safe living arrangement at home or develop plans for transition to a more protective and service intense environment. Our staff of RNs and social workers are healthcare partners, providing advocacy, guidance and support to help access appropriate, needed medical services and connect families with social service agencies who can provide the essential help in dealing with their health concerns.

Staffed by knowledgeable and caring operators, the Resource and Referral toll free number: 1-888-26-VITALity (1-888-268-4825) provides valuable information about healthcare services and community resources that can address the relevant issues related to aging and disability. Callers are connected to the resources they need to provide appropriate care and support.

"When the Care Coordinator comes, we don't have to worry because she gets things done. She asks all the right questions and is very thorough. She knows what is needed and we trust her. She is wonderful."



During 2018, VITALity staff received nearly 1,000 calls (an increase of 20% over last year) and our nurses and social workers made 1,739 visits and calls to 961 persons in need of help with their health care issues (a 15% increase).



"At first, we felt like there was no one out there. Then my friend told me about VITALity. The Care Coordinator visited us and was able to get us help at home during a very difficult time. We felt so relaxed and secure, just knowing someone was there to help. VITALity gave my husband and I hope. We feel so much better."

Over 50 Different Types of Services Required with over 1,200 of these Services Arranged

Top 10 Services

1. Insurance Assistance
2. Home Health Aides
3. Nutritional Services/Meals on Wheels
4. Housing/Assisted Living
5. Mental Health Counseling
6. Catholic Charities Referrals
7. Utility Assistance
8. In Home Medical Care
9. Prescription Assistance
10. Transportation

Most Common Client Diagnoses
(In order of frequency)

1. **Alzheimer's /Dementia**
2. Diabetes
3. Mental Illness
4. Ambulation Dysfunction
5. Arthritis

Parish Senior Social Day Ministries serve to provide our aging community with a place to gather and share fellowship. VITALity supports these parish ministries to help seniors stay healthy, independent and socially engaged. Our parish based senior ministries offer a wide variety of activities including; daily continental breakfast and nutritious lunch, health and wellness activities, social and recreational activities, spiritual enrichment, intergenerational activities and educational health presentations. Older adults who attend parish based senior ministries experience measurable improvements in their physical, social, spiritual, emotional and mental well-being. Parish Senior Ministries prevents individuals from isolation and loneliness and allows members to remain independent to live LIFE TO THE FULLEST.

We were pleased to announce in September of 2018 the opening of Prime Timers at Church of the Incarnation in Mantua, adding this as the third such Senior Ministry Center in the diocese.



Prime Timers, Church of the Incarnation

Senior Health & Well-Being Membership Program

Our “Life to the Fullest” membership program is free and enrollment is open to all South Jersey residents age 65 and over. As an active member you can request important health topics, spiritual enrichment and lifestyle information. In addition, you will receive our quarterly newsletter with upcoming diocesan events, health tips and information about VITALity programs. This allows members to stay engaged and connected with VITALity, their parishes and the entire diocese.

During 2018 our staff visited multiple locations including parish based senior clubs, parish staff members, senior community centers, health fairs, and senior housing residences, to provide health education and to inform them of the free resources VITALity provides to the community. Through these visits we have encountered over 5000 community members and increased our membership enrollment to nearly 1200 members.



Renaissance Center Senior Ministry, St. Andrew the Apostle

Building Health Awareness

VITALity Presentations – 30 Senior Groups/Communities

VITALity Participation in Senior Health Fairs – 12 Health Fairs

Lives Encountered from Presentations and Health Fairs – 5000 Community Members

“Everything about Prime Timers is enjoyable. It enhances the quality of our lives – it is like having another family.”

“This is a time to develop meaningful relationships with people within my own age group and interests. I like sharing my talents and experiences with other members of the group, and in turn they share their interests and experiences with me.”

“Prime Timers supports and encourages senior members on their spiritual journey within their parish family. And, since seniors are active and vital members of the parish family, this three times a week gathering provides a perfect forum for fun, socialization and sharing.”

Senior Social Day Centers
The Renaissance Center Senior Ministry
 St. Andrew the Apostle, Gibbsboro
 70 Members 2,128 Annual Visits

St. Peter Senior Ministry Center
 St. Peter Church, Merchantville
 306 Members 4,080 Annual Visits

Prime Timers
 Church of the Incarnation, Mantua
 62 Members 298 Visits in 2018

VITALity offers Comfort Hospital Chaplaincy MINISTRY

Our Journey of Hope- Cancer Care Ministry

There is a significant need in our community to care for people and their families affected by cancer. Today, almost everyone knows someone who has been touched by cancer. To have support and encouragement is critical to one's health, well-being, peace of mind and recovery. To help those affected by cancer, VITALity Catholic Healthcare Services teamed up with Cancer Treatment Centers of America to train volunteers to lead these ministries. This training equipped ministry leaders with the knowledge to form a parish based cancer ministry to support their parishioners and community members. Today we have 3 active parishes providing practical help, support and hope to the community.



St. Peter Senior Ministry, St. Peter Church

Mercy Teams

VITALity supports and trains compassionate and caring parish volunteers to assist their elderly neighbors with basic household chores and simple activities of daily living that may be required as they struggle with the effects of aging. These teams provide services that otherwise are not available to fellow parishioners due to financial and/or insurance limitations. These gestures of mercy can often make the difference to allow that neighbor to remain more safe and comfortable in their home as they age. To date we have 8 parishes with Mercy Teams.

The Hospital Chaplaincy Program provides spiritual and emotional support to the Catholic patients, their families and the staff of South Jersey through the six hospital clusters. The priest chaplain, along with a deacon, a woman religious or a lay minister make up the pastoral care team for the hospital cluster and they are greatly assisted by 235 committed Extraordinary Ministers of Holy Communion. Our chaplaincy team provides Christ's compassionate and healing presence to those who are ill, their family members as well as the hospital staff. Their ministry includes administering or arranging for the



administration of the Sacrament of the Sick and Sacrament of Penance, conducting pastoral care visits, and offering Holy Communion, prayers and spiritual resources. The chaplaincy team has also been instrumental in connecting the patients with the other health-related services offered through VITALity Catholic Healthcare Services.

Annual Spiritual Report

Total number of pastoral care visits with patients: 122,615

Pastoral care visits with staff and the families: 13,186

Holy Communion: 66,448

Sacrament of the Sick: 5,545

Baptisms celebrated: 8

Total number of pastoral care hours by chaplains and associate chaplains: 25,116

"My family requested pastoral care while my uncle was in the hospital. Although he was not a churchgoer, he held to the principles of the Christian faith and because of that I knew that he was going to want to speak with Fr. Jerold. We were all thankful because my uncle had the opportunity to confess and receive communion."



"The objective of my visit is to let the sick feel the power of faith, hope and love manifesting through the sacraments that I administer and the words that I share.... As a priest chaplain, I can share in the healing work of Christ. I can give them Holy Communion for their

spiritual nourishment. I administer the Sacrament of the Sick to heal their souls. I can hear confession for their conversion and reconciliation. I can help the sick cope with their difficulties by a friendly and cheerful visit with words or gestures of encouragement."

VITALity Offers Well Being Parish Nurse Ministry

VITALity continues to support Parish Nursing Ministries in 38 of our parishes throughout South Jersey. VITALity leadership provides direction, guidance, education, and program planning, along with financial grants to each parish to assist with the work of the local parish nurses.

Parish Nurses and their associated healthcare ministry volunteers have made a difference in the lives of innumerable parishioners throughout the diocese through visits to the homebound, one-on-one health counseling, or just being present in times of crisis. Parish Nurses blend their knowledge of medicine with their focus on the whole person—Body, Mind and Spirit. Their unique training allows them to see the value of spirituality as it contributes to the overall well-being of an individual.

Parish Nurses are at the forefront of health education with free health screenings and informative talks and classes on various relevant topics. Joined often by nursing students from area colleges, parish nurse sponsored programs have included: “Being Positive about Mental Health Issues”, “Pain Management without Narcotics”, and “The Need for Caregivers Support”. The most popular offering remains “Having The Talk” where participants can speak with local medical and legal professionals regarding end of life issues and how to initiate that discussion with their loved ones.



This year VITALity continued in offering the Foundations of Faith Community Nursing educational program. (The only one offered in the state of New Jersey!) In addition, to attend to the spiritual needs of these dedicated nurses, VITALity hosted a Day of Retreat, Reflection and Recognition at The Discovery House in Hammonton.



VITALity offers Inclusion

Ministry With the Deaf and Persons With Disabilities



VITALity’s Ministry With the Deaf and Persons With Disabilities assists those with communication, developmental, behavioral, and other physical limitations by ensuring their well-being through advocacy and actions of concrete steps to safeguard their full integration and participation in the life of the Church. Through programs of catechesis and sacramental preparation, along with the support and promotion of the expansion of Masses of Inclusion throughout the diocese, we fully realize that when persons with disabilities and their families are not present, the Catholic community experiences a loss, and that no parish community is healthy and flourishing if it does not welcome persons with disabilities. We work to ensure that persons with disabilities increasingly experience a sense of belonging and welcome in the parish, diocese, and Church at large.

We continue to seek out opportunities for social engagement and gathering

Stephen Ministry is the compassionate and caring face of the parish. We have many needs for care in our parishes and in our communities: People experience divorce, grief, terminal illness, loss of job, hospitalization, loneliness, being a caregiver to a loved one and many other stresses and challenges. With a limited number of clergy, it would be impossible for our priests and deacons to meet every single need or every single person. Stephen Ministry fills that gap by assisting the clergy in their pastoral and spiritual care by ministering to people throughout the crisis they face.

Stephen Ministers are lay members of a parish, trained and organized to help provide one on one confidential Christian care to members of our parish and our community. It is a lay ministry based on the idea that all Christians are called to and gifted to minister to others. Stephen Ministry is a way people with special gifts for caring ministry can use those gifts to bring Christ's love to people in need. Stephen Ministers are each assigned a care receiver and meet with that care receiver for about an hour a week, as long as the care receiver needs it. Stephen Ministry indeed is a gift to our parishes.



"My caregiver from Stephen Ministry saved my life and helped me to feel God by my side, and that I could survive this. And because of her, I am beginning my road back to God. Because of her, I don't feel so lost anymore and I am not so overwhelmed."

"The relationship I have with my care receivers has made me a better human being. I listen more carefully, consider my answers more thoughtfully. It has made a difference in all of my relationships... This experience has been one of the best in my life!"

"Besides supporting me emotionally and spiritually, sometimes my minister helps me to get some information and things that I need. Other times we will pray together. My Stephen Minister is always encouraging me and cheering me on! I feel very blessed and full of gratitude that my Stephen Minister has entered my life!! Thank you!"

Stephen Ministry Parishes: 15
Trained Stephen Leaders: 35
Stephen Ministers: 230
Care Receivers: 225+

that can lighten the burden of dependency and allow the person to emerge and grow as a social being, renewing the joy and happiness that human fellowship brings.

VITALity nurses and social workers partner with families of children with disabilities to assist also in their medical care coordination and through the transitions of care as they age out of the educational system. They

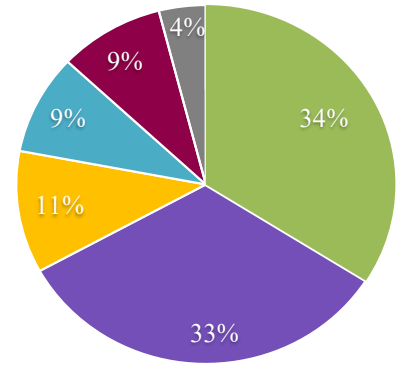


provide the necessary assistance to help them emerge into the vocational realm of their lives, seeking more independence in living with the appropriate support and financial services from the state and other sources.

VITALity Financial Stewardship

Stewardship of the financial resources we are privileged to receive is of high priority within our ministry. Realizing the cost of services and the amount of human capital that goes into these services, VITALity develops programs that both meet the needs of those we serve in South Jersey and stay within the cost limits established through our appropriations from the Diocese of Camden Healthcare Foundation, Inc. and the House of Charity-Bishop's Annual Appeal.

Below is a graphic representation of how these funds are distributed within our various ministries for the current fiscal year:



VITALity Annual Budget Funding Sources

House of Charity/Bishop's Annual Appeal	\$856,882
Diocese of Camden Healthcare Foundation	\$1,360,321
Grant Subsidy through Diocesan Housing Services.....	\$105,304
Total VITALity Annual Funding	\$2,322,507

Hospital Chaplaincy.....	34%
Care Coordination / Help Line.....	33%
Parish Nursing.....	11%
Ministry With Deaf / Disabilities.....	9%
Parish Senior Day Centers.....	9%
Stephen Ministry.....	4%
Total.....	100%

If you would like to be part of this valuable effort, your contribution would be greatly appreciated. Your check payable to: **"VITALity Catholic Healthcare Services / Diocese of Camden"** will enable us to continue our work and touch the lives of even more people here in South Jersey that find hope and comfort from the charitable works of VITALity / Diocese of Camden. (Mail to 631 Market Street, Camden, New Jersey 08102.) Thank you for your support.

WE WHO SERVE . . .

Deacon Jerry J. Jablonowski, MS, PT
Executive Director
VITALity Catholic Healthcare Services

Reverend Sanjai Devls, VC
Director
Hospital Chaplaincy and Stephen Ministry

Mimi Schaible, RN, MSN, MBA
Director, Care Coordination and Consultation

Nicole Keefer, RN
Director, Parish Nursing

Reverend Hugh J. Bradley
Co-Director,
Ministry With the Deaf and Persons With Disabilities

Kate Slosar
Co-Director
Ministry With the Deaf and Persons With Disabilities

Anne Marie Pirillo
Manager, Parish Based Senior Programs

Karen Fisher
Executive Assistant

Natasha Sauls
Call Center Coordinator

Sister Mary Rose Mroz, SCC
Administrative Support/Call Center Operator

Betsy Roberts, MSW
Care Coordinator

Dawn Colligon, RN
Care Coordinator

Rita Lyman-Sicilla, RN
Care Coordinator

Rosemary Love, RN
Care Coordinator

Annette Perez, RN
Wellness Nurse

Chaplains

Reverend Ernest E. Amadi
Reverend Monsignor Dominic J. Bottino
Reverend Cosme R. de la Pena
Reverend Glenn R. Hartman
Reverend Jerold C. Mariastanislaus
Reverend Robert B. Matysik
Reverend Wilson Kidangan Paulose
Reverend John Perdue, M.S.S.C.

Associate Chaplains

Honora Marie Burke
Sister Margaret M. Conboy, SSJ
Natalie Marie Contento
Nancy Beth DiSeveria
Sister M. Miezyslawa Koczera, LSIC
Sister Christine Ma, MSBT
Deacon John D. Rich
Deacon Arnaldo Santos
William J. Wisely

Resource and Referral Call Center: 1-888-26VITALity / 1-888-268-4825 vitality.camdendiocese.org

MISSION STATEMENT

We serve to enhance the quality and promote the dignity of life for the elderly, persons with disabilities and their families throughout the Diocese of Camden through programs and services that address the health and well-being of body, mind and spirit. Rooted in our Catholic values, we deliver these services freely and compassionately as the Gospel directs us, and we will care for and assist all people in need, regardless of their religious affiliation.